

## CLAIMS

1. An activity practice device, comprising:  
a camera; and  
a display for displaying real-time images received by said camera, said display being located in a plane substantially parallel to a simulated activity playing surface.
2. The device of claim 1 comprising:  
a tee adapted to receive a golf ball thereon, said tee being placed at a location, said location being such that a user, when focusing on said ball during the course of making a proper golf swing, is able to simultaneously see said swing in said user's peripheral vision.
3. The device of claim 2 wherein said tee is at least proximate said display.
4. The device of claim 3 wherein, and said tee is located directly above a portion of said display.
5. The device of claim 1 wherein at least a portion of said display is covered by a transparent protective covering.
6. The device of claim 5 wherein the device is portable.
7. The device of claim 1 wherein said device further comprises:  
a first member connected to a second member, said first member supporting said display thereon.

8. The device of claim 7 wherein said second member provides an upper surface upon which a user may stand while making a swing.

9. The device of claim 7 wherein said second member is hingeably attached to said first member.

10. The device of claim 7 wherein one of said first and second members includes a recess for containing said camera.

11. A device used for practicing a sport, said sport including swinging an elongated member by gripping said elongated member at one end and striking a projectile with another end, said device, comprising:

a camera;

a display for displaying real-time images received by said camera; and

a target on said device at which a user swings, said target being placed at a location such that a user, when focusing on said target during the course of a swing, is able to peripherally observe said swing in real-time.

12. The device of claim 11 wherein the device is portable.

13. The device of claim 11 wherein said device further comprises:

a first portion connected to a second portion, said first portion supporting said display thereon.

14. The device of claim 13 wherein said second portion provides an upper surface upon which a user may stand while making a swing.

15. The device of claim 14 wherein said second portion is hingeably attached to said first portion.

16. The device of claim 15 wherein one of said first and second portions include a recess for containing at least said camera.

17. A method of practicing an activity comprising:  
providing a camera;  
providing a display having a substantially flat viewing area,  
providing a surface on which a user is able to stand;  
embedding said display in said surface;  
presenting images received from said camera in real-time onto display.

18. The method of claim 17 including the additional step of:  
locating said substantially flat viewing area on said display such that the viewing area is located in a plane substantially parallel to said simulated sport playing surface.

19. A method of practicing a sport, said sport including swinging an elongated member by gripping said elongated member at one end and striking a projectile with another end, comprising all the steps included in claim 17, and further comprising the step of:  
locating a the projectile proximate said viewing area.

20. The method of claim 19, comprising the additional step of:  
locating the projectile directly above the viewing area.